



www.solanco.com

January 2006

Store Hours
Monday thru Friday
9:00 AM 'til 5:00 PM
Saturday
8:00 AM 'til Noon

Out with the Old in with the NEW!!

Welcome to 2006 and the first edition of the SGMC News for "twenty oh six". We have a lot of changes planned for this year. Some of which we have already implemented and some that will take place later in the year.

One thing that you may have already noticed is our new logo. We decided it needed freshened up a bit since we have been using the old one more than 20 years and it was sort of one dimensional with its blacks and whites and really didn't represent what SGMC is today. We chose a logo revision that is multi-dimensional, like our store, with multiple colors and gradients to symbolize the depth and uniqueness of our services and product offerings. We are truly 'an eclectic [Made up of or combining elements from a variety of sources] emporium [A place where various goods are bought and sold; a marketplace]. You will still see our old logo along with our new logo for a while yet since we will be replacing the old with the new as we need to replace things. So you will see it first in print, like this newsletter, since it's very easy to replace it here. Signs and vehicles and things like that are replaced less frequently and will take longer to transition to the new logo.

So when you see our new logo you will know that we are the same company that has been servicing you for the past 29 years. Through a new logo, we are letting everyone know the changes we have gone through and the change yet to come.

Following the 'Out with the OLD in with the NEW' theme we are holding our **Gigantic January Clearance Sale** now through Saturday, January 28th. As evidenced by the large ad to the right we have quite a selection of drastically reduced items from which to choose. In fact the list at right is only a partial listing of what we have to offer. As you walk through the store you will see bright yellow tags delineating items that are included in our Clearance.

One of the things that a clearance does for us besides the obvious is allow more space to bring in new and exciting merchandise. We are attending a number of shows in the next few weeks and we are sure that you will see new items in the store as a result of our shopping.

Thanks for all of your past patronage. All of us at SGMC look forward to serving you in 2006 and beyond!!

2 Big Weeks • Jan. 16th - 28th

GIGANTIC JANUARY CLEARANCE

We have literally hundreds of items in the store that must go at ridiculous prices! Now is the time to stop in & save. Below is just a sampling of some of the items that are available:

- ALL Ctd. X-Stitch Books - Buy One Get One FREE*
- ALL Remaining Christmas Items - 50% OFF
- Spirit Temporary Tattoos - Buy One Get One FREE*
- 16 x 20 & 18 x 24 Collage Picture Frames - 30% OFF**
- Lexmark Z515 Printers - Reg \$59.99 • NOW \$39.99**
- Gift of Enlightenment Board Game • NOW \$29.99
- Uniden Wx Crdls Forecast Phone • NOW \$69.99**
- Black Trimline w/CID - Reg \$59.99 • NOW \$29.99**
- Crystal Spiral Suncatchers - 50% OFF
- Lalo Olna Hand-made Acrylic Key Chains • 40% OFF
- Canus Goat Milk Soaps & Lotions • 40% OFF
- Vermont Soaps Bar and Liquid - Buy One Get One Free*
- Eyewear Retainers - Buy One Get One Free*
- All Candles - Buy One Get One Free*
- Misc. Rolls of Craft Ribbon - 2 for \$1.00
- Previously Enjoyed Audio Cds - Reg \$4.99 • NOW \$2.50
- 2-Ln Corded Desk Phone - \$59.99 • NOW \$29.99**
- Panasonic Crdls TAD - \$79.99 • NOW \$49.99**
- Aroma Therapy Diffusers - \$19.99 • NOW \$10.99
- All Car Audio Speakers - 40% OFF

Stop by before January 28th to SAVE!!

*The BOGO free item is of equal or lesser value - **Limited Quantities



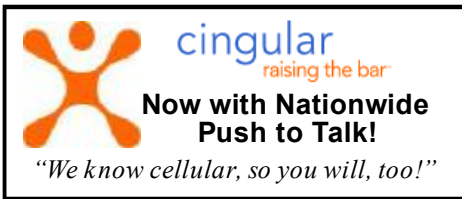
www.solanco.com
Solanco General Merchandise Co.

717-786-

21 E State Street, Quarryville PA 17566



Keep your head warm this winter with these great handknit hats made in Ecuador. The 'Jester' hat (left above) is 100% wool and offers bright colors with three long floppy tassels at just \$9.99. The 'Flap' hat (right above) is 50% cotton & 50% wool and comes in a number of earthtones with its signature flaps to keep your ears toasty. Get a Flap Hat at just \$11.99.



The Nutritional Tidbit

A deficiency of protein can lead to forgetfulness, moodiness, and lack of coordination. Cell replication can be affected as can organ and glandular functions. A low protein diet may increase aches and pains. Many people feel it as weakness and lack of energy. The good news is that most of us, other than the elderly get plenty of protein. The bad news is that it is often poor quality protein and can also mean that you are taking in unhealthy quantities of saturated fats as well as pesticide residues and hormones if you are depending solely on animal protein to maintain a healthy diet.

If you include a wide variety of preferably organic plant foods in your diet you will get all the protein your body needs. But if you are looking for a good source of plant based protein to supplement a healthy diet then give Hemp protein a try. It is vegetarian and vegan, and according to *The Vitamin Retailer*, May 05, "Protein Supplements: Sport or Beyond," by Marie Leach, it is highly digestible, cold processed and unrefined; critical in your choice of protein powders. While hemp powder does contain more fat than other protein powders, this fat comes from the essential polyunsaturated fatty acids omega-6 and omega-3. Hemp protein also contains no oligosaccharides or allergens. Hemp powder is a great source of all the essential amino acids.

This information is neither a recommendation nor diagnosis for disease. We make no health claims regarding the information presented here. This information is a starting point in your interest to be a better informed consumer of natural health products. We look forward to being a resource for you.



BIOFREEZE® with ILEX CRYOTHERAPY PAIN RELIEF

We are proud to now be able to offer BIOFREEZE® to our clients and customers. BIOFREEZE® is only distributed through practitioners and thus we are able to provide this great product through Solanco Gentle Massage Co. to our massage clients and others as well. We stock the gel, the handy roll-on and the newest way to apply BIOFREEZE®, the spray-on.

BIOFREEZE® is a unique, effective pain reliever formulated to provide a variety of benefits for therapy, pain relief, exercise/training and overall comfort. BIOFREEZE® was created by Dr. Danné King, an internationally known botanical chemist.

BIOFREEZE® contains ILEX, an herbal extract from a South American holly shrub. ILEX is used around the world in various health & wellness formulations. BIOFREEZE® does not use waxes, oils, aloe or petroleum. The result is a fast-acting, deep penetrating, long lasting pain reliever.

BIOFREEZE® can effectively help relieve pain from:

- Sore Muscles & Muscle Sprains
- Back, Shoulder, Neck Pain
- Arthritis
- Painful Ankle, Knee, Hip & Elbow Joints
- Muscular Strains

Use BIOFREEZE® to relieve pain prior to:

- Ultrasound Treatments
- Massage Therapy
- Soft Tissue Trigger Point Therapy
- Rehabilitation Exercises
- Pre and Post Workout Stretch

FEATURE PRODUCT



"Loud & Clear Cordless phone especially suited to the hearing and visually impaired but for anyone who doesn't want to miss a call"

Ultra-Compact EZ-Dial Cordless Phone from Uniden & SGMC

- Large buttons and easy-to-read backlit display
- Flashing visual ringer with ringer volume control
- Caller ID/call waiting with 30-caller ID memory locations (activation with phone company required)
- 10-memory dial locations
- One-touch emergency dial
- Handset page key
- Headset compatible
- Includes belt clip
- Just \$69.99 at SGMC



CLEARANCE on all sizes and finishes of odd size ready-made frames. Check out the selection and prices and pick out several for your projects at great savings.

HELP WANTED

We are looking for an outgoing, friendly individual who likes helping people and who is willing to learn our products so that they can service our customers in all areas of the store. The work is fun & challenging at the same time. The hours would be part-time and scheduling would be flexible. This is a year round position. If the person we are describing is you or someone that you know, please contact any of us here in the store for an application.